



Welcome

What better way to enjoy the National Park than by bike! It's a fantastic way to keep fit – it really gets your heart pumping and can reduce your chances of developing heart disease and other conditions as well as burning the calories. It's an excellent way to get the whole family active and enjoy an exciting, healthy and free day out.

This guide aims to inspire both new and experienced cyclists by bringing together many of the best and most fascinating cycle routes within the National Park. The map in this leaflet is designed to highlight these routes and shouldn't be used for exact navigation – for more detailed information on the routes shown, please refer to local leaflets or websites. Always make sure you take the appropriate map with you when you set off. Due to the scale of this map, we haven't been able to include all minor roads and paths in the Park, but we have indicated several of the best cycling routes here.

Please also bear in mind that some of the routes on this map are much more challenging than others. For example the Brig o' Turk round Meall Cala route has very steep climbs and is not suitable for younger or less experienced cyclists. Similarly, the Ardgartan Peninsula Circuit is more suited to seasoned cyclists.

Cycling in the National Park has something for everyone. We have included a selection of cycling routes listed here from A to U and illustrated on the map overleaf.

A Sustrans National Cycle Route 7
 Distance: 21.4 miles (34.4 km)
 What you might see: Depending on what part of the route you choose, you might see red squirrels, deer or even ospreys

Passing through Loch Lomond & The Trossachs National Park, National Cycle Route 7 guides cyclists through some of the most stunning scenery in Scotland. As it meanders past peaceful lochs, picturesque villages and magical glens, it offers an incredible adventure to intrepid long-distance cyclists. However, this route can just as easily be broken down into smaller sections, which make enjoyable medium-length or short runs, in particular from Killin or Glen Ogle towards Callander, which provides excellent and safe, predominantly off-road, cycling. For families and less seasoned cyclists, the route can be further broken up with stops at local villages or simply to relax with a picnic and enjoy the spectacular views. Find the full route at www.sustrans.org.uk

B West Loch Lomond Cycle Path (Regional Route 40)

Distance: 16.5 miles (27 km)
 What you might see: bluebells in May, redstarts, pied flycatchers
 Facilities: Tourist information centre, toilets, picnic area, food

Travel in the footsteps of drovers and spend from an hour to a day on this mainly traffic-free path for cyclists and walkers, which runs from Balloch to Tarbet. This low-level route winds its way along the glorious west shore of the loch. If you have your own bike, you can cycle the full route and take the train back to Glasgow from Tarbet. Or alternatively, bikes can be hired at Balloch and you can return from Tarbet the way you came. On the other hand, you might decide to travel to Luss and back, 16 miles (27 km). Unlike the old drovers' roads, this cycle path is level and purpose-built for modern travellers, following dedicated paths apart from three short stretches that use the old road. The cycle path begins and ends near railway stations. An alternative scenic route runs through the recently completed Carrick Golf Course, from Arden roundabout to the historic Colquhoun gates.

C Helensburgh to West Loch Lomond link

This route runs alongside the B831 and B832 roads between Arden Roundabout and Sinclair Street in Helensburgh. At Arden, it allows cyclists to link up to the meandering West Loch Lomond Cycle Path to enjoy this spectacular loch-side run.

D Loch Eck Loop

This long distance route is accessible from Benmore Botanic Garden, Inverchapel and Glenbranter. It is predominantly of forest roads circling Loch Eck with three sections of paths and one section on main road (A815) Inveroaden to Glenbranter. Which ever way you choose, the views of Loch Eck and surrounding area are stunning. Find the full route at www.forestry.gov.uk

E Glenbranter Forest Routes

Glenbranter Forest is a magical place, where a visit in spring or early summer offers beautiful displays of primroses and violets, and later on, one of the best displays of bluebells in the area. If you're lucky, you may even see red deer. Entering Glenbranter Forest allows cyclists to access several fascinating routes, from the gentle (12km - 7.5mile Ghlenish Loop) ideal for the family or novice riders to the more demanding (9km - 6mile) Glenbranter Splash Trail that provides a variation in terrain and challenges or for the more adventurous why not try the Glenbranter Twister (6km - 4mile Graded Red) first purpose built down hill mountain bike route in the National Park.

F Ardgartan Peninsula Circuit

This route begins at either the Ardgartan Visitor Centre, Lochgoilhead or the Rest and Be Thankful. A grand tour of the wild, rugged and remote Ardgartan Peninsula, this circuit offers excellent views of the Clyde and surrounding mountains. Because of the distance involved, cyclists are advised to carry spare food and clothing in case of emergency. The journey is best tackled from one of the three starting points in a clockwise direction and can be broken up by admiring the views from the picnic areas provided along the way.

G Ardgartan Forest Routes

Choose from a variety of routes that are best accessed from Ardgartan Visitor Centre. The Cat Craig Loop (8km - 5 miles) runs parallel to Loch Long before climbing into Ardgartan Forest where panoramic views of Loch Long, Arrochar, The Cobbler and Ben Lomond can be taken in before starting the descent back to Ardgartan Visitor Centre.

H Arrochar to Ardgartan link

A quiet cycle above the western Shore of Loch Long between Arrochar and Ardgartan, beneath the magnificent Cobbler.

I Glen Loin Loop

A fine adventurous route starting from the head of Loch Long at Arrochar. It starts with some short, steep switchbacks on forest road followed by a steady haul around the eastern side of A'Chrois (muddy if very wet) before joining the signposted Glen Loin Trail. The return through Glen Loin takes in some nice single track with sudden drops and turns. An internet search for 'Glen Loin mtb' will find further descriptions of the route.

J Killin Green Route

This route offers a moderate challenge to cyclists. Winding through the mixed conifer Acham Forest, you'll also travel through dappled pockets of broadleaved woodland and open moorland. The route, based on the National Cycle Route 7 and various forest access tracks, offers many possibilities for linking with other informal routes in the area extending your journey over to Glen Ogle, 8 miles (13km) or to Loch Breacloch, 9 miles (15km). See *Killin Village Paths* leaflet

K Stronachlachar to Trossachs Pier

An exhilarating and sometimes hilly ride which hugs the shores of Loch Katrine. Sail from Trossachs Pier to Stronachlachar on the Steamship Sir Walter Scott which sails three times a day throughout the summer. Cycle all the way back to Trossachs Pier. Or, alternatively, start cycling from Trossachs Pier and simply return the same way. For more information visit: www.lochkatrine.com

L Brig o' Turk round Meall Cala

For more seasoned cyclists, it's possible to cycle around the mountain Meall Cala from the village of Brig o' Turk. This is a strenuous route for more experienced mountain bikers only and is not suitable for younger children as the track can be steep, climbing to 600m at the head of Glen Finglas.

M Cambusmore Routes, Callander

A series of interlinked looped forest tracks signposted and accessible from the A81 at various points.

N Three Lochs Forest Route

The majestic Queen Elizabeth Forest Park, with its forest, mountains, woodland and lochs, provides an extensive range of habitats that are home to red and roe deer, red squirrels and the elusive pine marten, to name but a few. Golden eagles can occasionally be spotted by the 'eagle eyed' and ospreys can be seen hunting for fish above the lochs. But this area is not just home to birds of prey – the UK's tiniest bird, the goldcrest, also lives in this enchanted Park.

O The Three Lochs Forest Route

The Three Lochs Forest Route offers 7.5 miles (12 km) of winding roads that guide you gently through the forest and can be broken up with a picnic, fishing on the banks of Loch Drunkie (permits available from David Marshall Lodge or Aberfoyle Post Office) or simply a quiet seat to look out for deer – there's so much to see and do.

P Braeval link to National Cycle Route 7

Following the 3 mile (4.8km) Lime Craig Route from Braeval until it intersects with the 4 mile (6.4km) Highland Boundary Fault Route allows cyclists to meet the National Cycle Route 7 near the David Marshall Lodge – the gateway to several magical forest paths. For example, the Waterfall Route meanders gently through the forest, to the waterfall of the Little Fawn.

Q R Aberfoyle to Lochan Sping to Milton

Follow the Aberfoyle to Lochan Sping track (just over 3.5 miles (5.6km)) then, depending on whether you want to travel further or just relax, either enjoy the scenery or follow the route on to Milton. A secondary road runs directly from Aberfoyle to Milton for a straighter run. However, taking the scenic route via Lochan Sping allows you to explore the Loch Ard Family Sculpture Trail – see who spots the sculptures first!

S Kinlochard Forest Routes

Entering Loch Ard Forest at Kinlochard brings cyclists to a realm of different possibilities and challenges, from the shorter Couligarten route 2.5 miles (4 km) to the longer and more challenging Kinlochard Bay Route, which follows the curve of Loch Ard through the forest. This is a land of legends, faeries and elves – as well as stunning native woodland – so keep your eyes peeled!

T Old Drymen Road access

This route links National Cycle Route 7 as it runs from Drymen to Gartmore to the network of routes around Loch Ard. Follow the water board road west where it crosses the Old Drymen Road. There is also a Forestry Commission car park at this point.

U Gartmore - Buchlyvie route

Track from Gartmore Station (NCR7) to the Buchlyvie road with new bridge over the River Forth. A spur goes to Trossachs Holiday Park and the A81.

Cycling in the National Park

Cycling is a popular pursuit here, from gentle rides that suit the whole family to more strenuous routes for the experienced cyclist. For example, there are superb opportunities for cycling along National Cycle Route 7, a long-distance route that passes through the Park from Balloch to Killin, whilst the Queen Elizabeth and Argyll Forest Parks offer a huge selection of both long and short cycle routes, with mesmerising viewpoints and opportunities for wildlife watching.

Many cycle routes in the National Park are clearly waymarked, so no need to worry about getting lost! But you should always take a map with you.

This guide contains a variety of routes, both in terms of their hilliness and surface. The quiet roads are popular with "roadies" while the off road routes do not always require a high specification mountain bike. Routes like West Loch Lomond Cycle Path and Loch Katrine have fully tarmaced surfaces and are relatively flat.

If you don't have your own bike, it's easy to hire one at an outlet in the Park. Most of the bike hire companies are within easy reach of a bus, coach or train service and many offer baby seats, children's bikes and trailers, helping to make it an action-packed day out for all the family.

CYCLE SUPPLIES AND HIRE

Balloch	Drumkinnon Bay, Loch Lomond Shores: 01389 756251
Balmaha	Oak Tree: 01360 870270
Callander	One in Ancaster Square: 01877 331052 another on the Inverrossachs road (National Cycle Route 7) near Loch Venachar: 01877 331100
Drymen	near Village Square: 01360 660066
Killin	Main Street: 01567 820652
Loch Katrine	Trossachs Pier: 01877 376366
Lochearnhead	Clachan Cottage Hotel: 01567 830247 / 01567 830321

Getting to the National Park

Getting here on public transport from Glasgow, Argyll and Central Scotland is easy. Trains, ferries, buses and coach services allow you to get here without driving and therefore help to keep the National Park clean and green. Taking public transport also offers great value for money as well as allowing you to concentrate on the views rather than on the car in front.

If you have your own bike, one of the easiest ways to bring it to the Park is by train. There are regular services from Glasgow to Balloch, whilst the stunning West Highland Line runs right through the Park as it travels from Glasgow to Oban and Fort William. Bikes are carried free of charge, but you'll need to book in advance if you want to take a bike on the West Highland Line.

Water Bus services on Loch Lomond carry bikes, opening up more possibilities for journeys across the park. See National Park website and Water Bus leaflet for details.

Timetables for public transport services are available from Visitor Information Centres or from Traveline Scotland at www.travelinescotland.com or Tel: 0871 200 22 33

Cycling events

Each year sees a variety of cycle events in the National Park, from those aimed at regular club cyclists to mass participation charity events and those for the family market. So if you'd like to join like-minded people to explore the inspirational scenery there will be something for the cyclist in you. The National Park website carries details of some events; check local papers and cycling forums for others.

Cycling safely in the National Park

Don't forget that the weather in the Park can change quickly, so always be prepared with warm and waterproof clothing. Local weather forecasts are available from Visitor Information Centres or from the **Met Office** on **09068 500 411** (premium rates apply) or www.metoffice.gov.uk

Some other safety guidelines to bear in mind when cycling in the Park are:

- Check your bikes before you set off – for example, are the brakes adjusted correctly?
- Wear a helmet!
- Expect the unexpected - keep your speed down
- Remember other vehicles may be using the roads as well as you
- Give way to walkers – be friendly towards other Park users
- Remember that many people are hard of hearing and visually-impaired – don't assume they can see or hear you
- Slow down or get off your bike and walk when approaching a horse, to avoid frightening it
- Take a puncture repair kit

Enjoy Scotland's outdoors responsibly

Everyone has the right to be on most land and inland water providing they act responsibly. Your access rights and responsibilities are explained fully in the Scottish Outdoor Access Code.

Whether you're in the outdoors or managing the outdoors, the key things are to:

- take responsibility for your own actions
- respect the interests of other people
- care for the environment.

Visit outdooraccess-scotland.com or contact your local Scottish Natural Heritage office.

KNOW THE CODE BEFORE YOU GO
 SCOTTISH OUTDOOR ACCESS CODE outdooraccess-scotland.com

A NATIONAL PARK FOR EVERYONE

It's the nation's park. To discover, to explore, to enjoy. It's all about finding your own space. And then choosing what you do with it...

There is so much to enjoy in Loch Lomond & The Trossachs National Park – woods and forests, wild flowers and wildlife watching, watersports, climbing or just taking in the view.

There's always something to do. Whether you love adventure or prefer more passive pastimes, you'll find an activity to suit.

When you have finished with this leaflet please pass it on to someone else or recycle it.

Other guides that may come in handy when planning your route

West Loch Lomond Cycle Path
Killin Village Paths
Exploring the National Park by ferry, bus or train
 From VisitScotland or National Park Visitor Information Centres or www.lochlomond-trossachs.org

Argyle Forest Park
Loch Ard Family Sculpture Trails
 From Forestry Commission Scotland tel 01877 382383, David Marshall Lodge or Ardgartan Visitor Centre

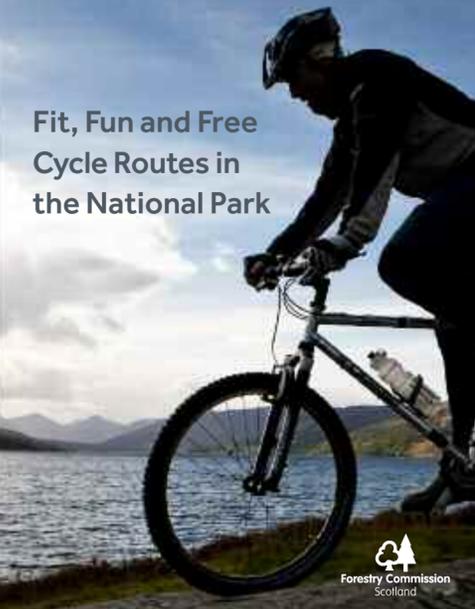
NCN Lochs & Glens North Cycle Route Map Glasgow - Inverness
 From Sustrans www.sustrans.org.uk

The following websites may also be useful:
www.cyclingscotland.org
www.visitscotland.com/cycling
www.ctc.org.uk

Cycling in the National Park



Fit, Fun and Free Cycle Routes in the National Park



Photos from Forestry Commission Scotland, Paths for All, Mike Hyde, David Mitchell, David Martin, Ewan Myles, Paul Symington.